

Hula Hooping Fitness Class



Fitness Hooping is coming to Greystone Recreation Center!

Hooping is a total body work-out that focuses on strengthening core muscles, toning arms and legs and providing a cardio work-out that can burn over 300 calories in a 30 minute session!

Participants use custom sized weighted hoops to burn calories, to get you fit, and to have lots of fun! Our class is designed for all skill and fitness levels. Hoops are provided.

Class Day and Time:

Tuesdays from 6:30p -7:00p

Session Dates, Cost, and Barcodes:

January 22-29	\$16.00	#141468
February 5-26	\$32.00	#141465
March 5-26	\$32.00	#141466
April 2-23	\$32.00	#141467

Location: Greystone Recreation Center
7713-55 Lead Mine Rd
Raleigh, NC 27615
(919) 996-4848

Registration:

Please register via Reclink at www.raleighnc.gov keyword search "Reclink" or at your local Raleigh Parks and Recreation Center.

